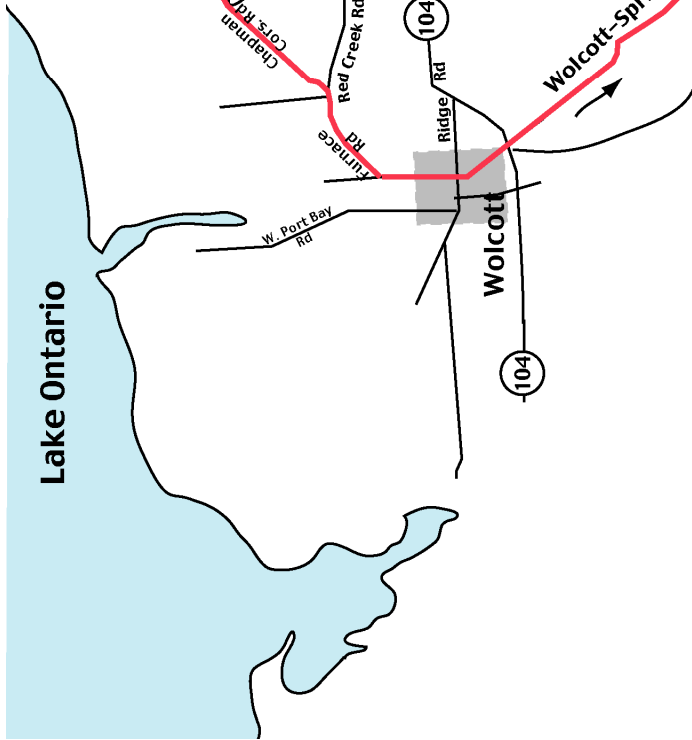


Lake Ontario



Wolcott-Cato Metric Century 100K (62 Miles)

SEG	DIRECTIONS	TOT
0.0	L-At Park Entrance (E. Mud Lake Rd.)	0.0
2.6	L-Lamson Rd.	2.6
4.0	S-Lysander Rd. (Cayuga county line then right and left bends)	6.6
1.1	R-Follow Lysander Rd.	7.7
0.8	L-Follow Lysander Rd. (at four way intersection, Carter Rd. on right and White Cemetery Rd. straight ahead)	8.5
1.0	S-Onto Ira Hill Rd.	9.5
3.0	S-Onto Ira Station Rd. (at NY 34)	12.5
0.5	Bear right-Onto Follet Rd.	13.0
1.2	S-Back onto Ira Station Rd.	14.2
1.0	L-Follow Ira Station Rd. (at T, Robinson Rd. on right)	15.2
0.6	R-Follow Ira Station Rd. (Sandhill Rd goes straight)	15.8
2.0	L-Nichols Rd.	17.8
0.2	S-Onto Fintches Corners Rd. (in Martville at NY 104)	18.0
0.9	R-NY 38	18.9
0.4	L-Short Cut Rd.	19.3
2.8	S-Onto Fair Haven Rd.	22.1
1.7	L Rte 104A	23.8



SEG	DIRECTIONS	TOT
1.9	Right on Caywood-Next to Farm	25.7
2.6	S @ S.S., Right @ Chapman Crns.	28.3
1.5	R @ S.S. Red Creek Rd (becomes Furnace Rd)	29.8
2.4	L @ E. Port Bay Rd (T)	32.2
1.4	S - NY 89 in Wolcott	33.6
1.0	L - Wolcott-Spring Lake Rd (becomes Curran Rd)	34.6
8.5	L - Spring Lake Rd	43.1
1.6	R - follow Spring Lake Rd	44.7
2.3	L - on NY 38	47.0
4.6	R - Town Line Rd	51.6
2.0	S - NY 370	53.6
11.1	L - E. Mud Lake Rd	64.7
0.8	L @ Beaver Lake	65.5